

TETTEGOUCHE STATE PARK PRESENTS:

Outdoor Adventure Day

Join us for a day of adventure along the North Shore. Choose from several outdoor recreation sessions throughout the day: Rock Climbing, Kayaking, Canoeing, Archery, and Geocaching. No experience required.

Program is free!
Preregister by calling 218-226-6365.
Free transportation from Duluth to the park
is available! Space is limited. Sign up today.
Kids under 17 must be accompanied
by an adult.

Date: **June 25th, 2011**

Time: **9:30 AM to 5:30 PM**

*Busses leave Duluth at 8 AM & 10:30 AM
Return to Duluth at 4:30 & 7:30 PM*

Location: **Tettegouche State Park**

5702 Highway 61
Silver Bay, MN 55614



For more information, call 218-226-6365

OUTDOOR ADVENTURE DAY

TETTEGOUCHE STATE PARK

Saturday, June 25, 2011 9:30 AM to 5:30 PM

6 Activities: Rock Climbing, Sea Kayaking, Canoeing, Archery, Geocaching, and the ATV Simulator!



How to register:

- Space for each activity session is limited. Beginners welcome!
- Advanced registration is required for each session and is first-come, first-served.
 - Reserve your spot by calling 218-226-6365.
- All participants under 17 years of age must be accompanied by an adult.
- All participants will be required to sign a waiver of liability that can be found attached to this information packet. Participants under 18 must have parent's signature on the waiver. If you fill the waiver out beforehand, be sure to bring it with you. When you arrive, bring your waiver to the information booth located near the park office to sign in (or fill one out when you arrive) before going to your sessions. There you will receive a hand stamp that will allow you access to the sessions, and a site map showing where each session is located.
- All equipment is provided.

Free Bussing Available from Duluth:

- Space is limited, preregistration required: reserve your seat by calling 218-226-6365.
- Busses leave from the Minnesota Department of Transportation (MNDOT) Front Parking Lot located on the corner of Mesaba and Central Entrance (1123 Mesaba Avenue, Duluth, MN).
- Busses leave Duluth at 8 AM and 10:30 AM, and return to Duluth at 4:30 and 7:30. A variety of bussing options are available.

Bus Arrival/Departure	Bus Option A <i>Full Day</i>	Bus Option B <i>Half Day (Early)</i>	Bus Option C <i>Half Day (Late)</i>	Bus Option D <i>12:30 Session Only</i>
Leave Duluth	8:00 AM	8:00 AM	10:30 AM	10:30 AM
Arrive at Tettegouche	9:30 AM	9:30 AM	12:00 PM	12:00 PM
Leave Tettegouche	6:00 PM	3:00 PM	6:00 PM	3:00 PM
Arrive at Duluth	7:30 PM	4:30 PM	7:30 PM	4:30 PM

What to bring:

- Be sure to bring a water bottle, lunch and snacks. A water fountain and bathrooms are available in the park office. If you do not wish to carry your lunch with you, you can leave it at the information booth with your name, and pick it up later.
- Dress for the weather. Some of the activities will be held on the shore, which can be much cooler than inland temperatures. Bring a jacket but also be prepared for warmer June temperatures.

Sessions:

- **ROCK CLIMBING** 2-hour sessions available at 9:30, 12:30 and 3:30
Space limit: 10 /session, Ages 10 and up.
Looking for an adrenaline rush? Try rock climbing on the beautiful sea cliffs of Shovel Point. Beginners are welcome. All the climbing safety equipment and trained climbing instructors will be provided. Climbers at Shovel Point lower from the cliff top to a small ledge and climb back to the top again, all the while kept tight to a sturdy safety rope. Please wear appropriate footwear: close toed shoes, no sandals. Meet at the climbing site located along the Shovel Point trail.
- **SEA KAYAKING** 2-hour sessions available at 9:30, 12:30 and 3:30
Space limit: 10 /session, Ages 10 and up.
Dream of gliding along on Lake Superior, only inches above the waves? Want a fish-eye view of the cliffs of Shovel Point? Try sea kayaking on Lake Superior under the stunning cliffs of Tettegouche State Park. Beginners are welcome. All kayak equipment and trained kayak instructors will be provided. The kayaking begins in the sheltered waters of the Baptism River and continues onto Lake Superior. Be sure to wear clothing and shoes that can get wet. Meet at the Baptism River mouth.
- **CANOEING** 2-hour sessions available at 9:30, 12:30 and 3:30
Space limit: 10 /session, Ages 8 and up.
Want a wilderness-like experience without all of the wilderness work? Try canoeing on the beautiful inland lakes of Tettegouche State Park. All canoeing equipment and personal floatation devices are provided along with a trained canoeing instructor. Enjoy the park from a new perspective. Participants will be shuttled to Tettegouche Camp from the main park parking lot. Be sure to wear clothing and shoes that can get wet.
- **ARCHERY** 45-minute sessions available at 9:30, 10:30, 12:30, 1:30, 3:30 and 4:30
Space limit: 15/session, Ages 8 and up.
Archery has been a popular sport and life skill for thousands of years. Join certified archery instructors for hands on coaching and give this fun activity a try. Make a practice 'string- bow' you can keep. State-of-the-art archery equipment designed to fit all sizes will be provided. Beginners are welcome.
- **GEO-CACHING** 45-minute sessions available at 9:30, 10:30, 12:30, 1:30, 3:30 and 4:30
Space limit: 15/session, Appropriate for all ages.
Join us for a fun, new recreational activity where you will learn the basics about the rapidly growing sport of GEOCACHING, and discover how this technologic treasure hunt can help you explore Minnesota State Parks' wildlife and hidden treasures.
- **ATV SIMULATOR** Ongoing 9:30 to 5:30, No registration required
No space limit, Appropriate for all ages.
Be sure to check out the ATV simulator between sessions located near the park office. This all-terrain vehicle simulator gives you a chance to experience what it is like to ride an actual ATV. Discover safe riding techniques as you feel how your center of balance must shift as the ATV is tilted sideways and up or down as if you were traveling across rugged terrain.



Questions? Call 218-226-6365 for more information.

University of Minnesota Duluth

Recreational Sports Outdoor Program Climbing • Paddling • Outdoor Activities

RELEASE OF LIABILITY

Activity or Event: Outdoor Adventure Day 2011, Tettegouche State Park Date(s): June 25, 2011

Participant's Name: _____ Phone: _____

Address: _____ State: _____ Zip: _____

Emergency Contact: _____ Relationship _____ Phone: _____

In consideration of being allowed to participate in any way in the Outdoor Program, related events and activities, I, the undersigned, acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and
2. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation; and
3. I acknowledge and consent to the use of video recordings and photographs of my participation in promotional activities conducted by Releasees; and
4. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
5. I understand that if I choose to drive my own vehicle or be a passenger in a non-University vehicle while traveling to and/or from an Outdoor Program event or activity, University automobile liability insurance coverage will not apply; and
6. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify and hold harmless Regents of the University of Minnesota and the Outdoor Program, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event or activity ("Releasees") with respect to any and all injury, disability, death, or loss or damage to person or property, to the fullest extent permitted by law; and
7. I understand, agree and acknowledge that some activities may be of a hazardous nature and/or include physical and/or strenuous activity. Understanding this, I state that I have no medical condition or impairment, including the use of medication that might inhibit my active participation in the University's Outdoor Program.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature _____ Date _____
(If participant is under the age of 18, parent/legal guardian signature)

Print Name Clearly _____

Parents of Minors: I am the parent or legal guardian of the minor _____
and I am signing this release on behalf of the minor. (print child's name)